



# Tehnika kretanja igrača bez lopte

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# Podela kretanja u futsalu



Hodanje

Trčanje

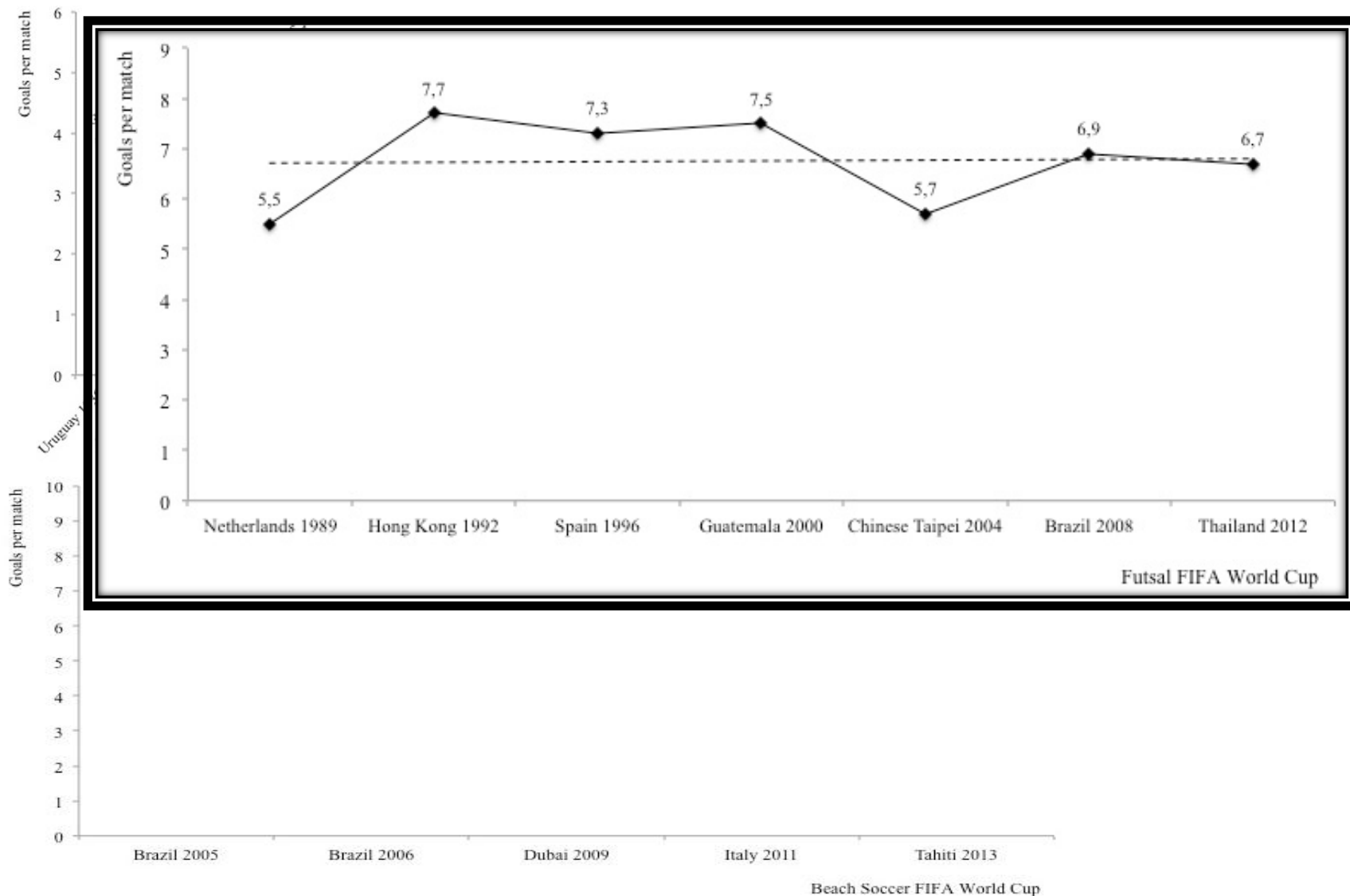
Skokovi

Zaustavljanja i okreti

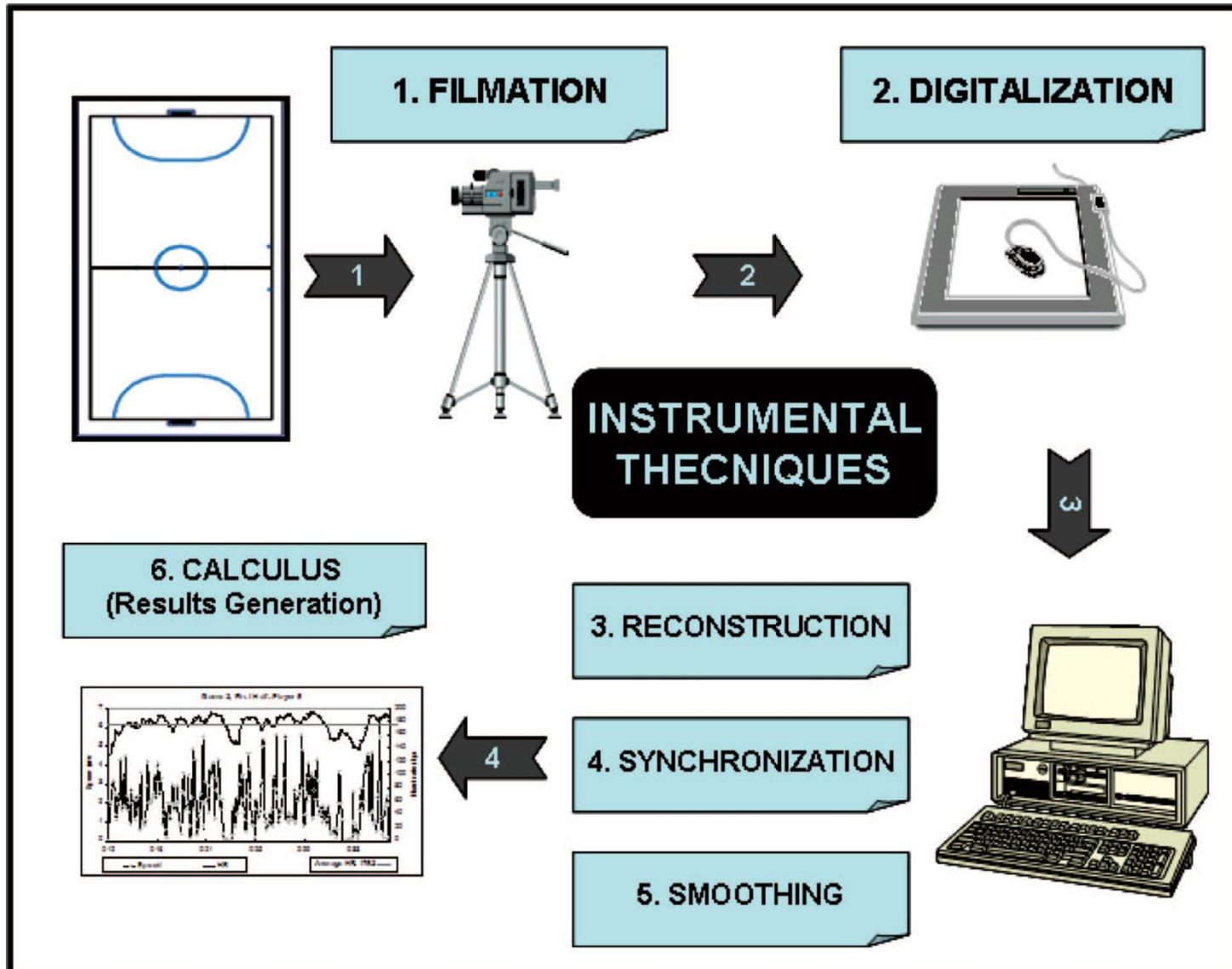
Promene pravca kretanja

....

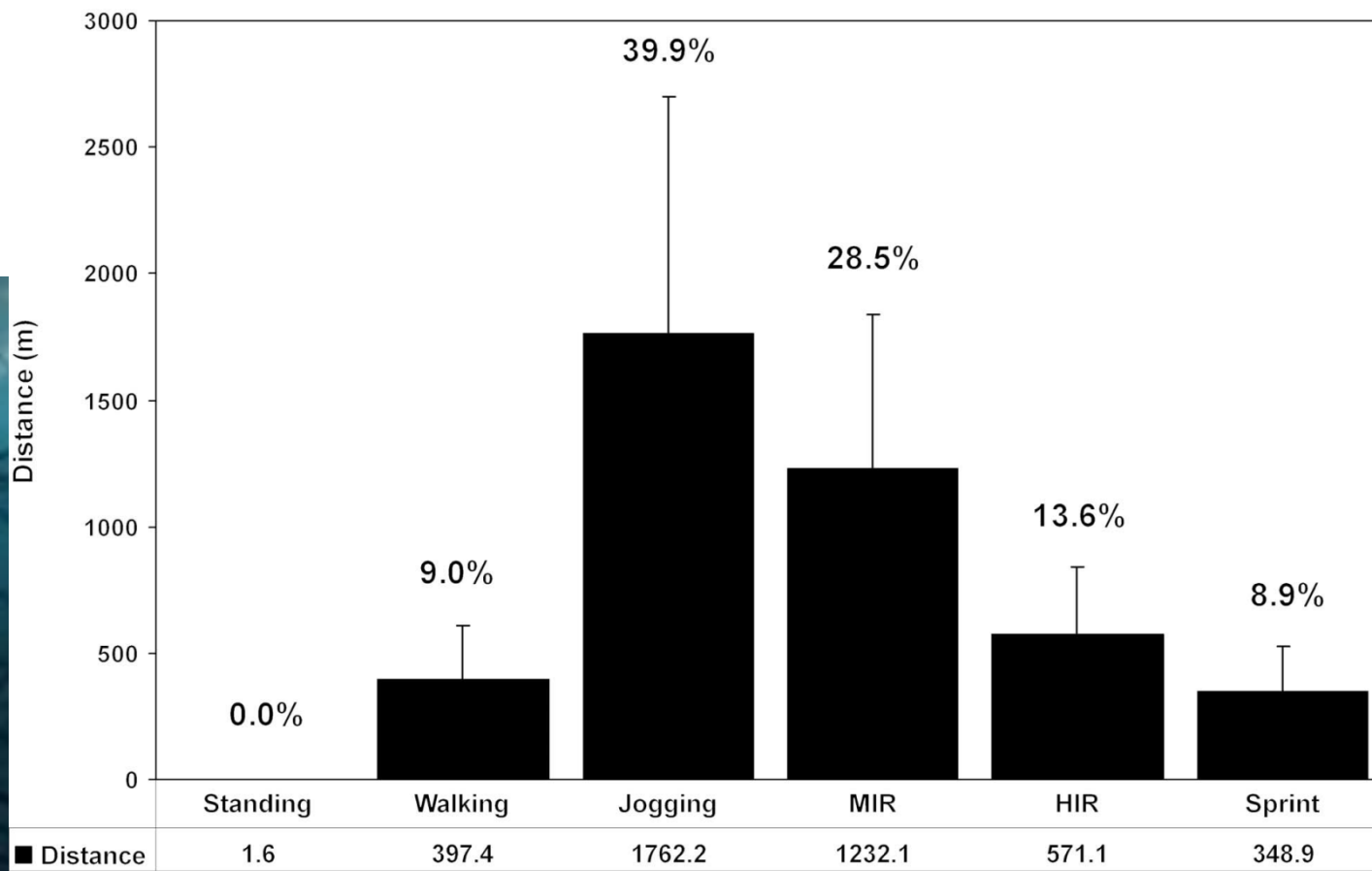
# Da li su sportovi poput fudbala, futsala i fudbala na pesku slični?



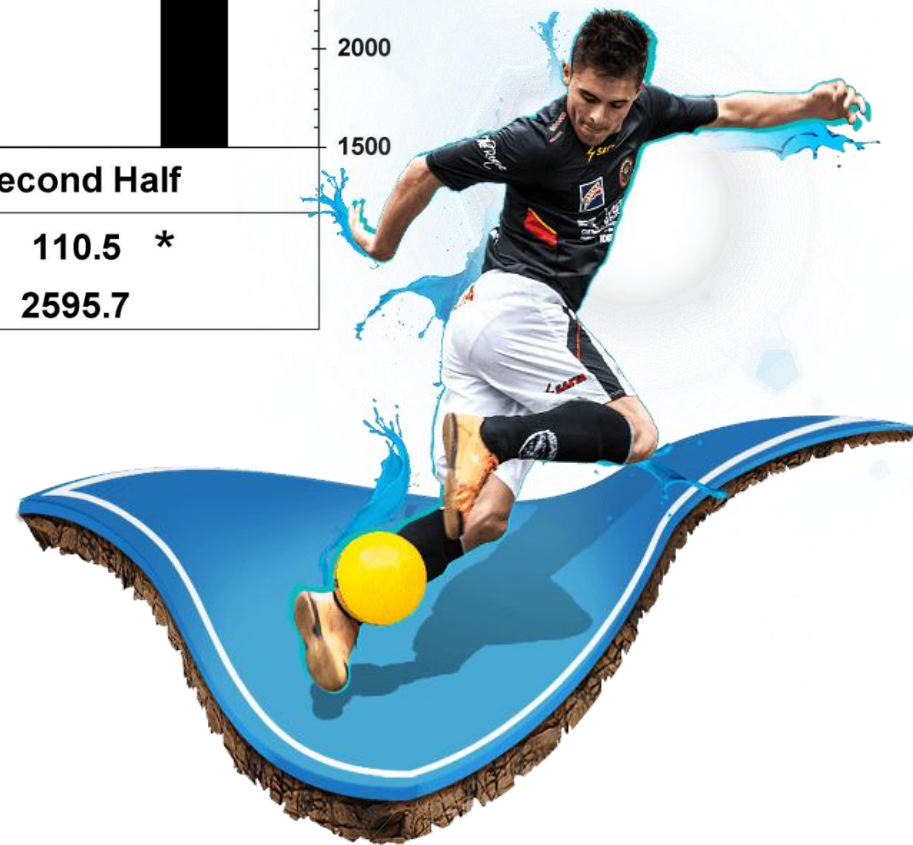
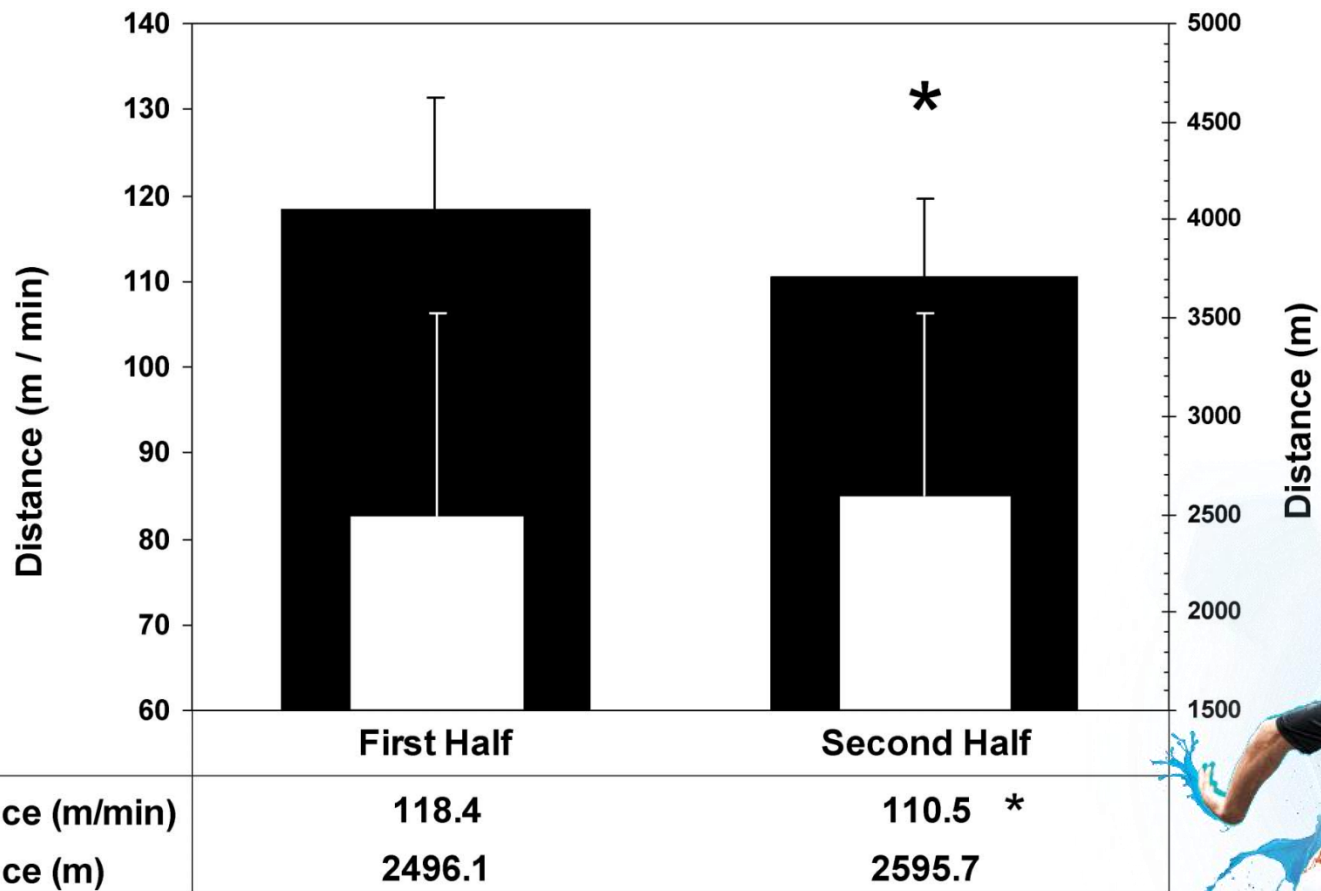
# Kako dolazimo do podataka



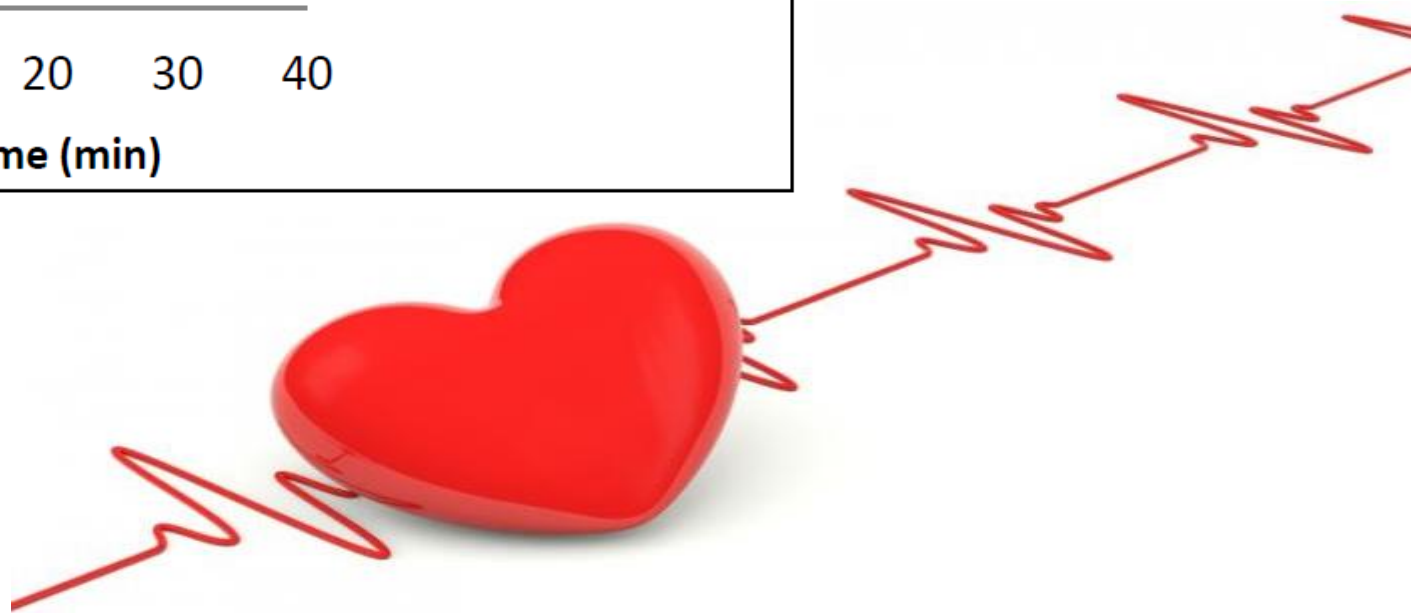
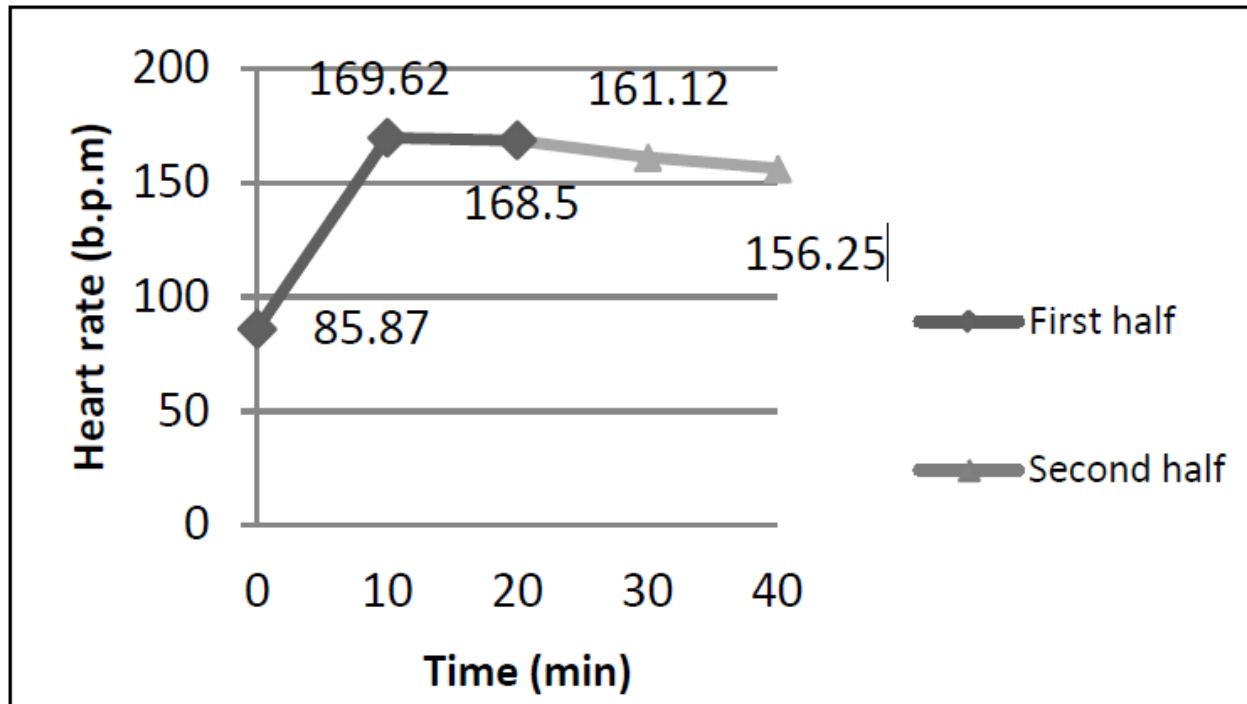
# Karakteristike kretanja igrača u futsalu

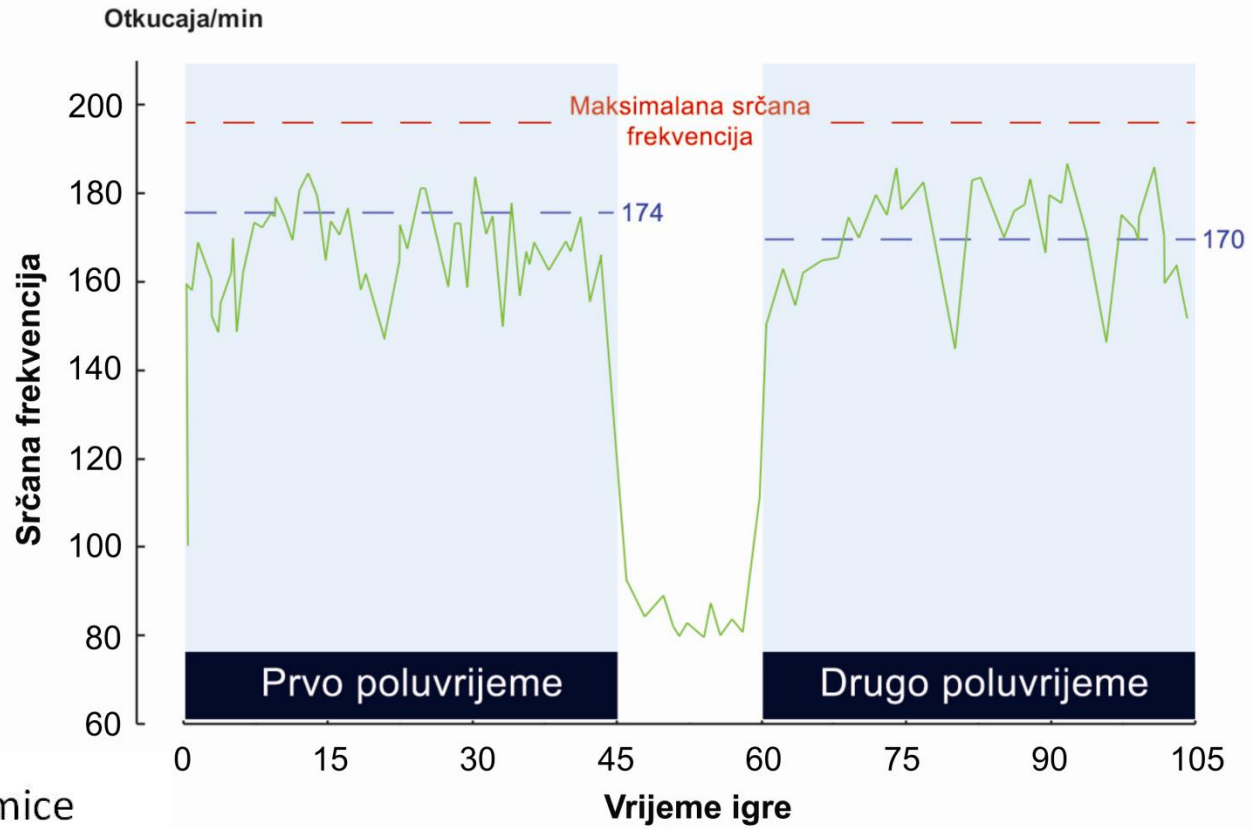




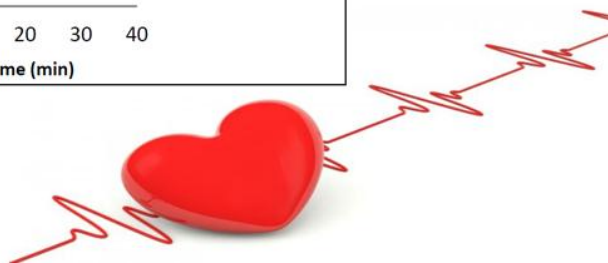
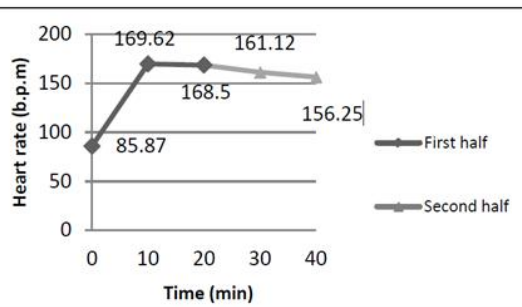


# Srčana frekvencija tokom utakmice



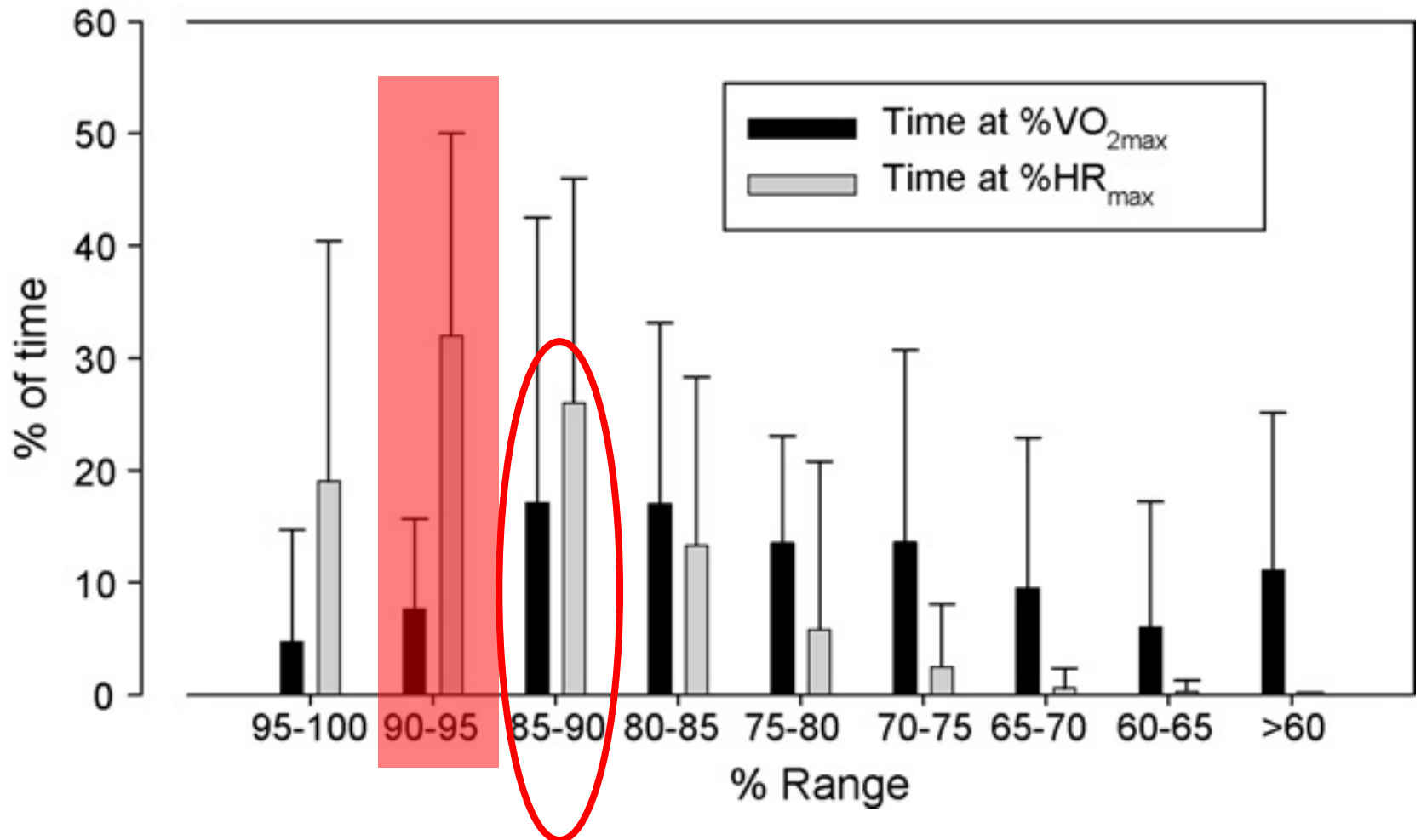


Srčana frekvencija tokom utakmice

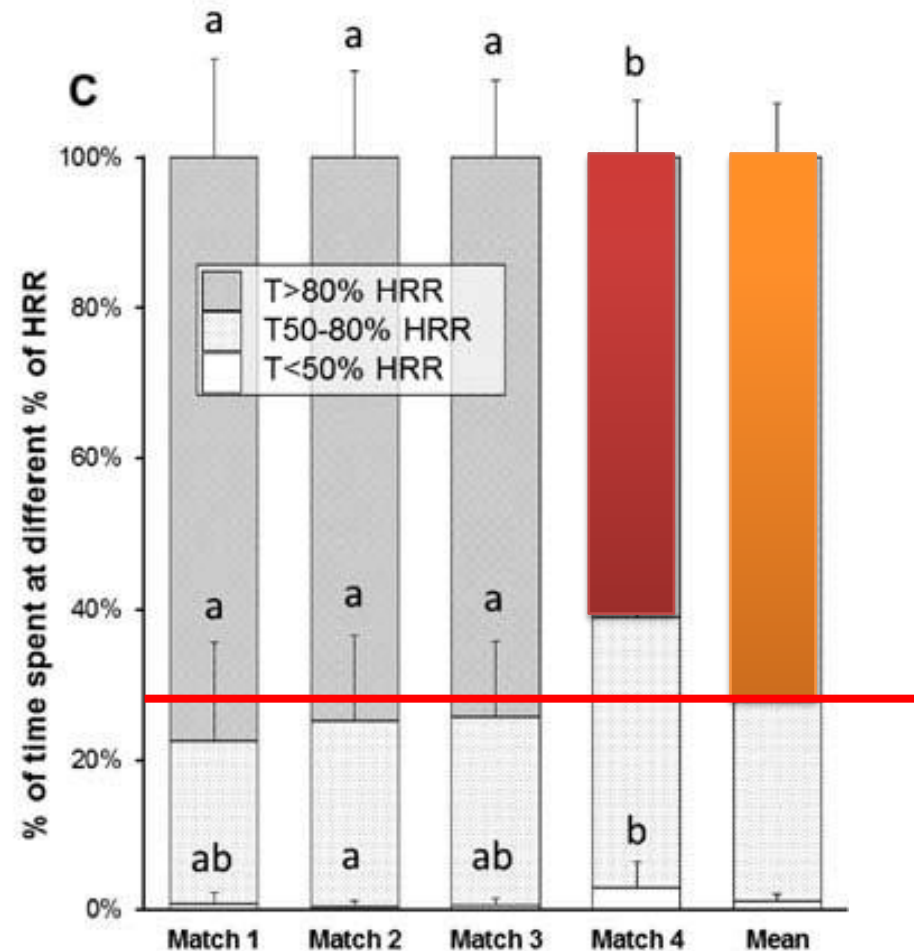
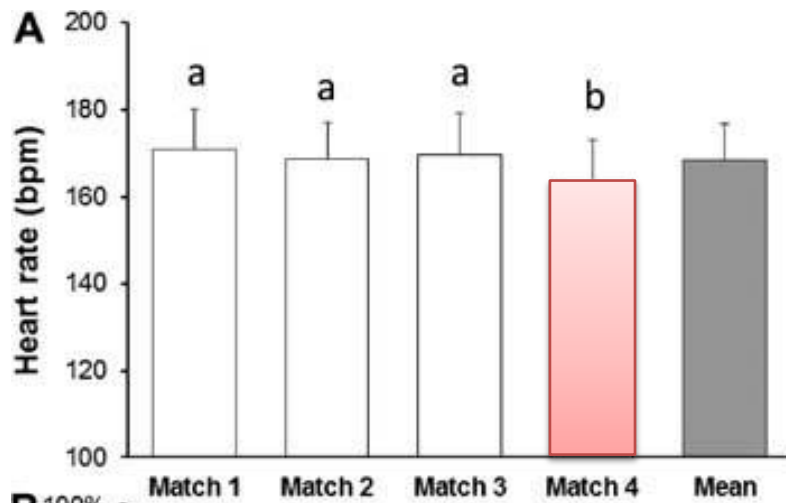




# % vremena u odredjenoj zoni intenziteta



# Srčana frekvenca kod turnirskih takmičenja

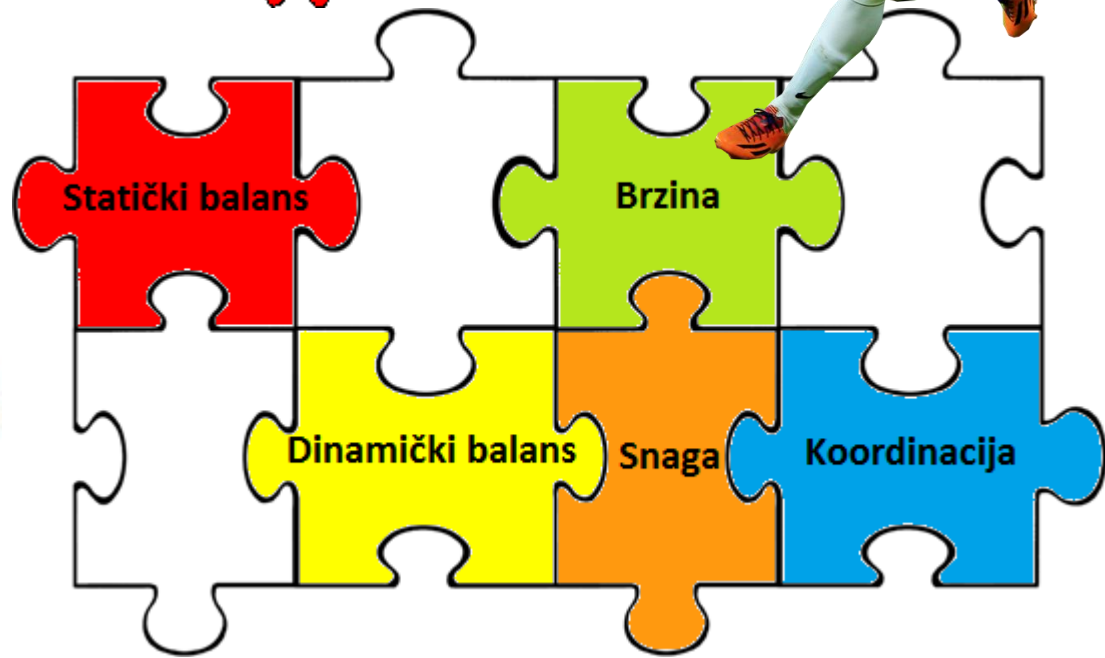
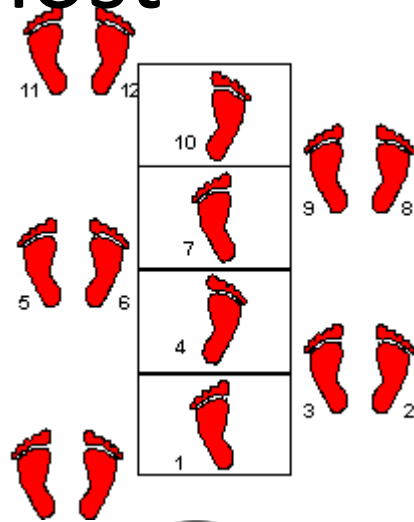


# Agilnost u futsalu – poželjna ili neophodna

- Pravolinijski sprint vs. Agilnost
- Da li trening pravolinijskog sprinta utiče na agilnost
- Kako poboljšati agilnost
- Specifična agilnost sa loptom



# Agilnost – kompleksna motorička sposobnost



# Agilnost ili reaktivna agilnost

What does  
it mean?



# Šta je osnovna razlika





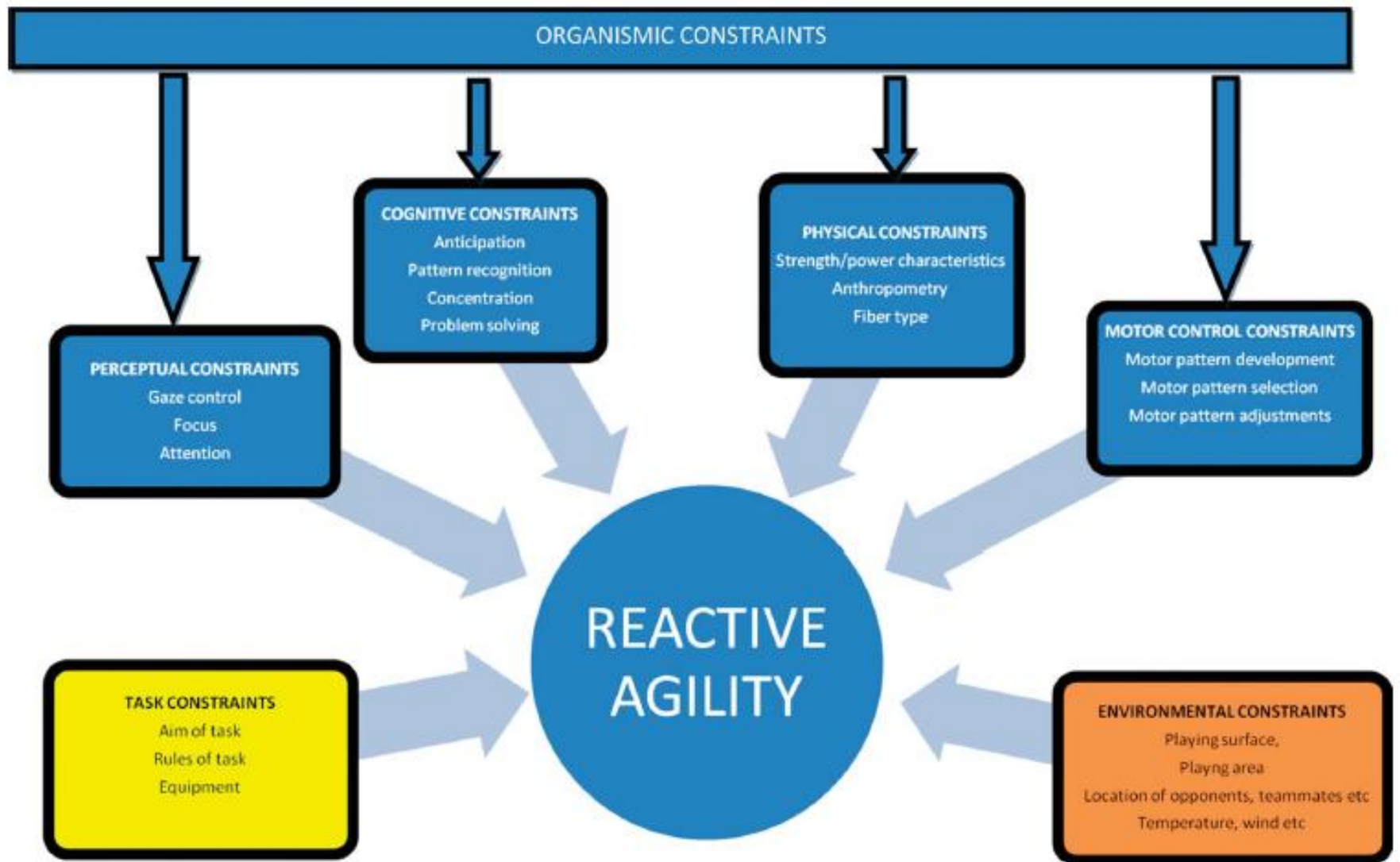


Figure 1. Constraints-based model of reactive agility.

# Antropometrijske karakteristike igrača

- Telesna visina 170-180 cm ↓
- Telesna masa 70-75 kg ↓
- BMI 20-24 ↔
- Telesne masti 15-20% ↔

